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1. An amusement and stress relief device formed of a flexible, resilient polymeric material and comprising:

a center portion; and

a substantially planar peripheral portion surrounding the center portion; the center portion having a concave/convex shape,

the device having two stable equilibrium positions wherein a first equilibrium position comprises a first surface having a concave shape and a second surface having a convex shape and a second equilibrium position comprises the second surface having a concave shape and the first surface having a convex shape,

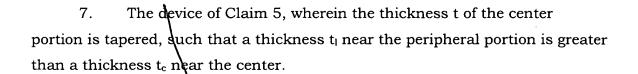
whereby manual manipulation of the device inverts the first and second surfaces between the two stabile equilibrium positions.

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- 2. The device of Claim 1 wherein the device is disk-shaped and has a diameter d in the range of about 0.75 inch to about 6 inches.
- 3. The device of Claim 2, wherein the peripheral portion comprises a lip having a width w wherein the ratio of w to d is not greater than about 1/4.
- 4. The device of Claim 3, wherein the ratio of w to d is in the range of about 1/30 to about 1/5.
- 5. The device of Claim 2, wherein the device has a substantially uniform cross-sectional thickness t over at least the center portion, and the ratio of t to d is not greater than about 1/10.
- 6. The device of Claim 5, wherein the ratio of t to d is in the range of about 1/80 to about 1/20.

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- 8. The device of Claim 2, wherein a domed peak is formed in the center portion the peak having a height h_p relative to a plane containing the peripheral portion, and the ratio of h_p to d is not greater than about 1/3.
- 9. The device of Claim 1, wherein the polymeric material is an ethylene-vinyl acetate polymer.
- 10. The device of Claim 1, wherein at least one of the first and second surfaces are textured.
- 11. The device of Claim 10 wherein the texture is provided by ridges formed on the surface.
- 12. The device of Claim 10, wherein the texture is provided by dimples formed on the surface.
- 13. The device of Claim 1, wherein at least one surface comprises an illustration.
- 14. The device of Claim 1, wherein the material comprises a scent that is emitted from the device upon manual manipulation.
- 15. The device of Claim 1, wherein the material comprises a composition that changes the color of the device upon changes in temperature or changes in other environmental conditions.
- 16. The device of Claim 1, wherein the polymeric material is selected from the group consisting of fluoroplastics, polyamides, polybutylenes,

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thermoplastic polyesters, polyethylene and ethylene copolymers, silicones, thermoplastic elastomers, vinyl polymers and copolymers, and blends thereof.

17. The device of Claim 1 wherein the material is a colored resin.